

29 April 2021

By now you've probably heard that tomorrow, Friday, April 30<sup>th</sup> is our *Crazy Hair Day*. We're looking forward to seeing the wild and wacky – with prizes to be won, of course!

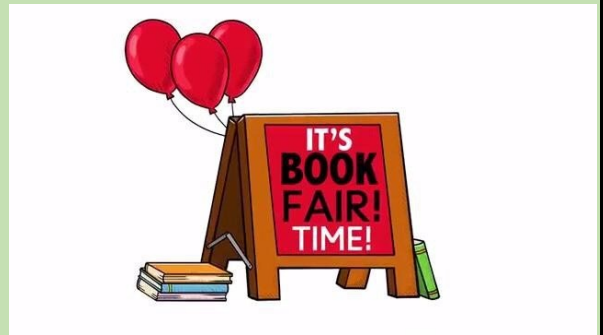
A few other items of note:

### **Virtual Book Fair is Here!**

Dear families,

Our school is hosting a **Scholastic Virtual Book Fair** from **May 3rd - May 9th**

The **Virtual Book Fair** is a fantastic way to continue to give our students access to the books they want to read. We're excited that you will be able to shop together, selecting the books that inspire your readers, from the comfort of home.



All purchases benefit our school and earn **Rewards** that can be redeemed for books and Education Resources for our school's classrooms and library.

Please visit our school's **Virtual Book Fair** site starting Monday using this link:

<https://virtualbookfairs.scholastic.ca/pages/5159622>

Plan to attend our **Virtual Family Event** on **Wednesday May 5th** for even more excitement and fun! (Plus **free** shipping!)

Watch for news leading up to our **Scholastic Virtual Book Fair!**

Happy reading!

### **Kopf's Korner**

Here are some upcoming events and info for parents and families:

#### **Heart-Mind Well Being Online event: Presented by the Dalai Lama Centre**

This interactive, virtual workshop focuses on how to promote "Heart-Mind Well-Being" in children and youth! Heart-Mind well-being refers to the balance between educating the mind and educating the heart. While there is a great focus in our society on academic achievement, a growing body of research shows the positive impacts of developing our hearts – the way we relate to one another – and that social/emotional development helps to improve academic success.



HEART-MIND WORKSHOP  
FOR PARENTS AND CAREGIVERS

**Date: May 4, 2021 6:30-8:30pm**

Registration details can be found [here](#)

## **Parent Webinar on Selective Mutism and Reluctant Speakers: Presented by BC Children's Hospital**

This webinar is for parents or caregivers of children and youth who struggle to speak in different settings like at school, with friends, or in the community.

Date: May 20 from 12-1pm

**\*Webinar will be recorded and posted if you cannot attend live\***

Click [here](#) to register for this free event.



## **Promoting Healthy Sleep:**

Blog Article with ideas and strategies for healthy sleep habits can be found [here](#).

## **May 7 is Child and Youth Mental Health Day:**

Join us for a conversation about how to connect with our kids between the ages of 0 to 18 years. Led by Karen Peters, RCC ThriveLife Counselling & Wellness and Victoria Keddis, Parent and Manager, FamilySmart Practice.

Click [Here](#) for details and to register for this free online event.

## **Parenting in the Trenches Podcast:**

Connecting with parents, right in the trenches. Join child and family therapist, and mom-in-the-trenches, Karen Peters for this dive into the sticky, chaotic, mess-filled experience of what it means to parent.

Listen to the Podcast [Here](#)

Podcast Episode Library can be found [Here](#)

## **Last Call for Parent Survey for Ministry of Education Survey – ends Friday night!**

If you have not yet taken the opportunity to complete the Ministry of Education's survey highlighted in the last couple of weekly updates, I ask that you do so before April 30<sup>th</sup>. The survey is open to any parent but the Ministry is especially seeking the input of parents of students currently in Grade 4 (grade 4 students also recently completed the survey).

### **To complete the survey:**

1. Go to any computer that has an up-to-date internet browser access at home, work, or school.
2. Go to [www.bced.gov.bc.ca/sat\\_survey/access.htm](http://www.bced.gov.bc.ca/sat_survey/access.htm)
3. Under the section *Direct Access – no logon number required* select:
  - District: the name of your child's district
  - School: the name of your child's school
  - Language: the language of your choice
4. Complete the survey by clicking on the appropriate circle to answer each question. Move to the next set of questions by clicking on the right arrow in the bottom right corner of the screen. Click on the left arrow to navigate backwards.
5. When you are finished the survey, you will get a message "Thank you for sharing your views".
6. Once complete, your school will have the results immediately.

**Join Us at the PAC Meeting**

This coming Tuesday evening, May 4<sup>th</sup>, is our monthly PAC meeting. All are welcome to join us online at:

<https://us02web.zoom.us/j/3631963770?pwd=Rzh6bFo4SE1SaE1aSUxxK2RQN1U0QT09>

Meeting ID: 363 196 3770

Passcode: 7vhdm